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on the Oscars'
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Halifax metro



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Sylvia D. Hamilton
of King's College.
JEFF HARPER/METRO

'THEY WERE INDIVIDUALS'

Halifax prof on importance of 'Book of Negroes'
now available on Nova Scotia online portal

Big work still to come on the Big Lift project

ROADS

Weekend closures end for now, but not overnight disruptions



Cody
McEachern
For Metro | Halifax

Weekend closures for the Macdonald Bridge are becoming a thing of the past for now, but it's not the end of disruption for drivers.

The latest phase of the massive Big Lift project is wrapping up with the final segment of decking being laid Sunday, but there are more closures on the horizon.

"There is still a lot of work to do to the bridge, such as repaving and working on the bike and walkways," said Allison Currie, community engagement officer at Halifax Harbour Bridges, with the Macdonald scheduled to be open next weekend.

"This also means there is a ton of welding to do, so there will be five more weekend closures between April and August."

The bridge will also continue to close on weekdays between 7 p.m. and 5:30 a.m. to allow workers to continue work on the bridge.

"The bridge is safe for people to drive on," said Currie.

"Closing on the weekdays allows workers to do normal maintenance, but also



The final segment of the Macdonald Bridge gets raised into position early Sunday morning.

DALE WILSON PHOTOGRAPHY/HALIFAX HARBOUR BRIDGES

allows them to continue working on the needed welding, repaving and on the bike and walkways."

The walkways are the next project they'll tackle, and although no exact opening date could be given, they estimate there is another four to six weeks of work

left for them.

"We know the public are eager to get them open, and so are we," said Currie.

"Coming to the end of this phase is a huge milestone for the project — it was a lot of work and we appreciate the public's patience."



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HEADLINE

COFFEE

Lava Java

Discovering a Guatemalan coffee that's [almost literally] erupting with flavour

By: Sean Deasy



The Guatemalan mountains

A lot goes into making a great cup of coffee, and perhaps nothing more important than the origins of the bean itself. From idyllic climate conditions to the high-nutrient content of the soil, the coffee we enjoy is very much the sum of its parts. And, on rare occasions, we get a bonus.

In this case: Fedecocagua coffee. Already benefiting from the fertile soil of Guatemala's San Marcos region – the country's coffee-belt – its rich bean has traces of volcanic ash to inform a singularly unique flavour – one that summons chocolate, vanilla and one rather surprising nuance: smokiness.

"What I find exciting about this Guatemalan coffee is that the beans are grown on the slopes of volcanic soil," says roaster Eric Shabsove from Mountain View Coffee in Toronto. "It's one of the things I love about San Marcos. When you drink it you can just picture the volcano with centuries of accumulated volcanic soil, and you can actually taste the hint of smokiness that comes from years and years of eruptions. It's truly fantastic."

Shabsove insists the hint is so slight that it shouldn't deter smoke-shy java drinkers.

The region also boasts another distinctive characteristic: a considerably long harvesting

period – from November through March.

"What you get in Guatemala is a harvest season that extends into early spring. It's typical amongst all Central American coffee countries, notably in Costa Rica, where you can start harvesting let's say in November, December and into January."

Shabsove says something exceptional happens after the two-month processing period [in which time the beans are harvested, washed and dried]. "When you see the beans ready to be shipped, you're also already seeing the flowers blooming for next season. That's what so great about it: ultimately the beans are really bigger and better and you get that really fantastic taste."

Another natural asset for the San Marcos region is an abundance of rainfall, more so than other regions of the country, says Shabsove. "[The additional rainfall] does give that extra boost to the production and early flowering, so the beans are that much tastier, they've had a little bit longer to mature."

Speaking of quality control, this is a handpicking operation, primarily because of where and how the beans are grown: on steep volcanic slopes.

The growers

So who's doing the growing, picking and producing of this delightful coffee?

Fedecocagua – already a mouthful for some to pronounce – is the abbreviation for the Federación de Cooperativas Agrícolas de Productores de Café de Guatemala. It's a federation of roughly 148 co-operatives and 20,000 members from across Guatemala's coffee belt, many of which are of Mayan origin.

"I believe about 70 percent of its members are comprised of indigenous peoples of Guatemala," says Eric Shabsove. The members are growers who typically own small plots or family farms, typically averaging 1.3 hectares. While the cultivation of coffee is their primary function – according to Shabsove, coffee represents 80 to 90 percent of a farm's income – they also produce basic grains and other agricultural products for their own consumption.

For these growers joining a co-op minimizes obstacles such as high processing costs and problems in product quality, and helps with technical advice and accessing financing.

"The co-ops help with getting these farmers a line of credit. They're able to borrow money to help with expenses when they bring their beans in to process," says Shabsove. "Membership also helps with warehousing, transportation of the product and allows them to access the fair trade premiums, which is also a boon because it provides additional income."

The order of coffee

Shabsove is particularly excited about introducing Guatemalan Fedecocagua coffee as this month's Headline Coffee. As the chief roaster and curator of the series, he is taking us on a guided tour of the world's best coffees – but he's doing so on a very deliberate path.

"It's always really great coffee, but to embark on a true journey of taste, we need to accentuate every region, because they all have their own distinct characteristics. And I'm trying to make it a unique experience every time. We're back in Central America now, for instance, but we've definitely not tasted anything like this before."

HEADLINE

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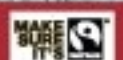
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Exhibits still unaccounted for from evidence storage

AUDIT

Force believes missing money placed in police bank account



Zane Woodford
Metro | Halifax

Halifax Regional Police have located 34 of 72 exhibits that were missing from their evidence storage, but the remaining 38 — including nearly \$5,000 in cash — are still unaccounted for.

Chief Jean-Michel Blais will present a report to the municipality's Board of Police Commissioners on Monday updating the force's progress

+ FINDINGS

The report says the team "found no evidence to suggest exhibits were misappropriated, however, this conclusion is not definitive."

on finding the missing items from the Drug Exhibit Audit released last year.

That audit was conducted between June and November 2015 after an officer was accused of stealing from an evidence vault. Police discovered that 90 per cent of the drug exhibits that should have been in one vault were missing. Moreover, 55 per cent of the evidence in the money vault wasn't where it was supposed to be.

The audit was released publicly last year, and by that time 74 of 507 exhibits in a sample audit were still missing.

A secondary review report coming to the board on Monday says two of those items had already been found, dropping the number to 72. A team of investigators was then able to locate 34 exhibits — meaning

they were either found somewhere or destroyed with proper documentation.

The remaining 38 could not be found. The team believes 32 of them — drugs, paraphernalia and miscellaneous items — were destroyed, and six cash exhibits were deposited into a police bank account, but could not prove that theory.

The team believes the drugs (including about 85 grams of marijuana, some crack cocaine and ecstasy), and miscellaneous items (including a burnt cigar and a birth certificate) were destroyed "without ministerial authorization" or in a batch with other items and not documented.

The six cash exhibits, totaling \$4,956, could have been deposited into a police bank account, much of it in a large

\$4,956

The total value of the missing exhibits from the police evidence storage amounts to \$4,956.

85

Drugs that are not accounted for include 85 grams of marijuana.

batch without proper documentation and the remainder in another deposit, but the team "could not determine any of this conclusively due to insufficient documentation."

Blais' presentation will also update the board on the force's progress in implementing 34 recommendations from the

Drug Exhibit Audit — 23 of which are complete and 11 in progress.

The board and regional council also approved a new position for the police as part of their 2017 budget, a new evidence custodian, which police say will help complete those recommendations.

Halifax DIGEST

ASSAULT

Man hospitalized with life-threatening injuries following stabbing

Police are looking for a suspect in what they believe to be a random stabbing in the Halifax area.

Halifax Regional Police say officers responded to a reported stabbing in Dartmouth Saturday afternoon. They say a man was found suffering from what appeared to be a stab wound, and was taken to hospital with life-threatening injuries. Police are asking anyone with information about the incident to contact authorities.

THE CANADIAN PRESS

DANGEROUS DRIVING

Motorist drags officer down road during escape

Police in Nova Scotia are asking for the public's help finding a young driver they say dragged an officer for about 15 metres down a highway while trying to speed away from authorities.

They say the car fled eastbound on Highway 4 in what is described as an old, blue two-door Chevrolet or Pontiac.

The sole occupant of the car is described as having brown hair, a medium build and appeared to be in his teens. THE CANADIAN PRESS

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HALIFAX HEROES Ordinary people doing extraordinary things

Challenging views towards death

CONNECTIONS

Death Café is cathartic idea of Deborah Luscomb



Jordan Omstead
For Metro | Halifax

"I recently lost a friend. He was in the infirmary for a month." Deborah Luscomb gestured down the corridor of a busy Halifax hospital last week, as if her friend's body might still rest behind one of the closed doors.

"These heroic measures were taken to keep him alive. Part of that was out of a habitual tendency to see death as a failure."

For the past four years Luscomb has dedicated herself to work that challenges prevailing attitudes towards death. In 2014, after two years in the company of her ailing sister in Boulder, Colorado, she returned to Halifax and started the city's first death café.

"My generation has made a habit of taking things out of the closet," Luscomb, 67, said.

Whether it was the sexual revolution, or the anti-war and civil rights movements, she said her generation has been adept at opening up difficult conversations. "Now we're dying and we see that things have gone awry at the end of life too." Sitting in the cafeteria of the Victoria General Hospital waiting for an ultrasound on her left lung (non-life threatening), she told Metro about her work to normalize the experience of death.

The Death Café, as the name suggests, brings people together to discuss death on the first Thursday of every month. The inaugural meeting was held at



Deborah Luscomb at the Trident Cafe, where her Death Café was held temporarily. JEFF HARPER/METRO

the Trident Cafe and garnered no more than 10 people, according to Luscomb.

With the help of media coverage, the interest grew and forced Luscomb to move to a bigger space at Just Us! Coffeehouse, where the gathering continues to take place.

"It's such a tender conversation, and part of that is because we don't do it," she said of those monthly conversations. "What impresses me most is the attention to listening people who come to Death Café really are there to listen and support. It's quite inspiring"

Born in the shadow of World War II to an American bomber pilot in Frankfurt, Germany, Luscomb said death was practically



She's managed to get the community mobilized to have this conversation.

Dawn Carson on Deborah Luscomb

taboo in her family.

"It was a big secret," she said. "I never went to a funeral as a kid. You don't talk about sex, you don't talk about money and you don't talk about death."

It was only when she arrived in Boulder in 2012 that death became somewhat of a fascination. She started training as a funeral director and taking care of bodies, while launching the first Death Café in that city.

Luscomb also spent a large part of her adult life as a mid-

wife. She noticed some emotive parallels between the bookends of our existence.

"There's no place else to be other than right here right now, with this contraction or with these last few breaths," she said of the episodes of birth and death. "Both experiences are amazingly powerful and we don't know what's on the other side of either of them."

Apart from the café, Luscomb also facilitates Death Matters workshops, a series of three

guided meetings where participants have the opportunity to explore, document, and share their end-of-life wishes with loved ones.

"So many folks never think about how they want to die, or how they want their body to be cared for after they die," she said. The lack of communication inevitably compounds an already stressful grieving situation, Luscomb explained.

"We could look at all of this, contemplate, and make some decisions, put them in writing, and all of that stress would be eliminated." Dawn Carson first met Luscomb 25 years ago through a midwife training program, back when Luscomb was the President of the Nova Scotia

+ NOMINATIONS

Have someone to nominate? Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

Midwifery Coalition. She's since become something of an apprentice to Luscomb, helping to host the Death Café and facilitate workshops.

"I think she's done remarkable work on opening conversations that are difficult to have," Carson said of her decision to nominate Luscomb for Halifax Heroes. "Everybody sees that the work is really important." As for Luscomb, her motivation to host these discussions is, in many ways, rooted in her own fear of death.

"Part of it is developing a community of people who share this interest, so I don't feel so alone," she said. "To talk about everything we don't know and everything we do know, and how we might approach this extraordinary adventure."

And Luscomb is no stranger to adventure. When she was 60 years old, free of the responsibilities of parenthood, she decided to sell nearly all she owned, bought a car, and took off on a road trip. "I went everywhere I could drive in North America where I could find people that I had loved or who had loved me in my life and I visited them."

"I realize now it was a life review," she said. "It was goodbye."



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A DOG'S DAY Breeder Geri Mendes gives Cinder, a wire fox terrier, a treat after grooming at the Halifax Club Show at the Halifax Forum on Sunday. This weekend was the club's 300th show. JEFF HARPER/METRO

Trans woman gets job offers

metr EFFECT

Within hours of release of story on Rose Boudreau, work was offered



Cody McEachern
For Metro | Halifax

A trans woman has received a handful of job offers only hours after Metro Halifax told her story, and future employment may be right around the corner.

Rose Boudreau spoke to Metro on Thursday about her struggle to find a job as a trans woman, and her concerns of prejudice from employers, but within three hours of the story being released, she had received her first offer with others rolling in the next morning.

"It felt awesome," said Boudreau. "Getting these calls and messages really made me feel valued. It was a great response, and made me feel like a weight was lifted off my chest."

The 22-year-old received multiple offers out of the blue from compan-

ies around Halifax, and is set up for a future interview with Keith's Brewery, which she says seems very promising.

"These companies contacted me under their own volition. I hadn't even applied to them, they just wanted to help me."

Only recently transitioning and being relatively new to the community, the support and offers have made her feel accepted and valued as a part of society, she said.

"Being able to have that platform to get my voice and story out has really helped. It connected me with people who support me and want to help."

Her thoughts and words are her own, and she knows not everyone faces what she has, but she hopes her story will help others that need it, she said.



Rose Boudreau told Metro her story on Thursday and got job offers on Friday.

JEFF HARPER/METRO



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Nova Scotia's tourism sector grows for third consecutive year

Nova Scotia says the province's tourism industry continued a steady upswing in fortunes in 2016.

It says 2.2 million visitors came to the province — that's up eight per cent, or about 170,000 more visitors, than in 2015.

Provincial officials say it's the third consecutive year of growth.

Tourism revenue for 2016 was also up five per cent, to an estimated 2.6-billion dollars — \$125 million higher than in 2015.

The biggest area of growth

was from visitors from the United States — with the number of American tourists increasing by 14 per cent.

The number of visitors from other parts of Canada was up eight per cent, with 62,000 more from Atlantic Canada alone. THE CANADIAN PRESS

BY THE NUMBERS VISITORS IN 2016

2.2M

The number of tourists that came to Nova Scotia in 2016.

2.6B

The estimated amount of tourism revenue in 2016.

8%

The increase in the number of visitors from other parts of Canada.

Halifax DIGEST Crime briefs

VOYEURISM

Doctor can practise again ... with a chaperone

A Nova Scotia physician charged with voyeurism after medical clinic staff were surreptitiously filmed in the washroom has approval to practise again.

Dr. Rafid al-Nassar was arrested last fall after New Glasgow Regional Police received a complaint from staff at the Westside Medical Centre.

In a notice last week, the

College of Physicians and Surgeons of Nova Scotia lifted its interim suspension against al-Nassar, but said he is required "to have a chaperone present for all patient encounters, except ... in the operating room."

The college said signs noting the chaperone requirement must be placed where patients are seen.

Al-Nassar is a 41-year-old former Iraqi refugee.

THE CANADIAN PRESS

POLICE

Drug deal uncovered

N.S. RCMP say a drug trafficking investigation has uncovered a conspiracy to import more than one tonne of cocaine into Canada from Colombia.

Allegedly 25 firearms, ammunition, three prohibited weapons, a stolen vehicle, hashish, cash and tactical equipment were seized during raids Thursday.

THE CANADIAN PRESS

'It gives them back who they are'

HISTORY

A fresh look at Book of Negroes through N.S. online portal

The image on the computer screen looks innocent enough: A ledger showing a list of names, ages and descriptions of physical stature - all of it written in a precise script that hasn't been practised in more than two centuries.

But a closer examination of the "Book of Negroes" online reveals a time when black people were - legally speaking - nothing more than property.

The book was compiled in New York between April and November of 1783 at the conclusion of the American Revolutionary War. It is a record of the 3,000 black refugees - all of whom sided with the British during the war - who were loaded on ships bound for Nova Scotia, then a British colony.

In column after column, the list of human souls reads like a commercial inventory:

"Aaron Jon, 42, stout fellow."

"Isaac Jon, 10, fine boy."

"Sarah Gordon, 28, tall, limber wench."

And with each black loyalist's name, their status as a current or former slave is also cited with cold detachment:

"Property of Thomas Prichard, (and) a refugee from Philadelphia."

"Formerly slave to Sam Dyer, Rhode Island. Left him ... four years ago."

"(Belonged) to P.G. Brook Livingston, who gave her freedom."

The register, now kept at the National Archives in London, is described as the single most important document relating to the immigration of African Americans to Nova Scotia.

"It gives the descendants their identity if their ancestors came on that migration route," said



Aunjanue Ellis, left, and Cuba Gooding Jr. star in the TV series *The Book of Negroes*. AP PHOTO/ENTERTAINMENT ONE/BET, JOE ALBLAS



They escaped by the thousands — men, women, children. It's a remarkable historical document.

Sylvia Hamilton

Lois Yorke, director of the Nova Scotia Archives. "It gives them back who they are."

The book's contents, including high-resolution images of each page, have been available online as a searchable database for several years, but the Nova Scotia government recently added most of the data to its open data

portal. That means the lists can be downloaded for research or used by developers to create new applications. Aside from names and ages, all 3,008 records include the name of the vessel boarded, its commander and the ship's eventual destination.

Sylvia Hamilton, a filmmaker and professor at the University of

King's College in Halifax, says the Book of Negroes - an inspiration for the 2007 Lawrence Hill novel of the same name - provides a tangible record of immigrants whose past might otherwise be forgotten.

"Those names have been read into the record," Hamilton said in an interview. "They are people who cannot be erased ... They were individuals. They were people with agency."

The book also documents the cases of a small number of fugitive slaves like "Betty," who

were claimed by their American owners before they could leave New York. The book says the British gave the woman to a Thomas Smith "to be disposed of by him at his pleasure."

One slave owner who appeared in New York to reclaim his property was none other than George Washington, commander in chief of the Continental Army and the first president of the United States. In her book, "Black Loyalists," Halifax author Ruth Holmes Whitehead says Washington failed in his bid to

retrieve three slaves, who fled to Nova Scotia under the direction of British commander-in-chief Sir Guy Carleton.

However, the Book of Negroes also makes it clear that some on the list were still legally considered slaves when they arrived in Nova Scotia with their white, loyalist owners.

"That's not something that Canadians want to think about," Hamilton said. "They called them 'servants for life.' That gets left out because it doesn't fit the (freedom) narrative." THE CANADIAN PRESS

+ FAMILY HISTORY

Canadian opera star Measha Brueggergosman, who was born in Fredericton, N.B., knew little of her ancestry before agreeing to take part in some sleuthing in 2007 as part of the CBC program "Who Do You Think You Are."

Brueggergosman, who combined her Gosman family name with her husband's surname, eventually traced her heritage to Nova Scotia through the "Book of Negroes," which includes an entry for a John Gosman.

He is listed with his wife Rose Gosman, 22, and their five-month-old daughter Fanny. Their former owners are listed as landowners in Connecticut and Rhode Island, respectively. Fanny is listed as "born free within British lines." She was the first to be born free of slavery. "Seeing your name written in a document like the 'Book of Negroes' represents ... the strength of character, fortitude and the courage required to escape your slave master — on penalty of death," Brueggergosman said in an interview.



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Bolster your mumps defence, experts urge

HEALTH

At-risk groups need to make sure vaccines are up to date

Public health officials and infectious disease experts are urging Canadians to check that their vaccinations are up to date as clusters of mumps are investigated in Ontario and Alberta, and measles cases are probed in Nova Scotia.

The viral infections are both covered by the measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV) vaccines. But experts say people between the ages of 18 and 35 need to ensure they've had two doses to bolster their immunity.

"Mumps and measles are very contagious illnesses ... at the moment we have this particular issue with people who've only had one dose of

vaccine. For this age group, it's a good time to check and make sure they've had two doses," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital.

McGeer explained that when the mumps and measles vaccine was introduced, only one dose was administered but it later became apparent that two doses were needed for it to be effective over the long term.

McGeer said there was nothing overly worrisome about the recent mumps and measles cases but noted that they served as a reminder of the importance of immunization efforts.

"The fact that you can still get clusters of cases is a marker for just how important having those vaccination programs is. If they didn't happen then everybody got sick."

Dr. Sarah Wilson, a medical epidemiologist with Public Health Ontario, said individuals in the age range currently more susceptible to mumps may also



A dose of the MMR vaccine.

THE ASSOCIATED PRESS FILE

be more at risk because of their behaviour traits.

That group is more likely to engage in behaviours and activities in which mumps spreads easily, like playing on sports teams, living in dormitories in close conditions and shar-

ing drinks and food in bars, she said.

"These situations provide really rich opportunities for the mumps virus, if it's introduced, to spread easily in a population that might not be up to date with respect to mumps vaccine," said Wilson. "I think those are some of the potential explanation for why we're seeing more mumps these days, in particular in this age group."

Wilson explained that even those who get two doses of the vaccine can still sometimes end up with mumps — as seen in 40 per cent of the Toronto cases — as the vaccine is considered about 88 per cent effective at that point.

Complications from mumps can include encephalitis, meningitis, painful swelling of the testicles or the ovaries, pancreatitis and hearing loss. Pregnant women who become infected with mumps during the first three months of pregnancy are at risk of miscarriage. THE CANADIAN PRESS

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IN BRIEF

Home hit by plane ice

WestJet says early results of an investigation into an ice chunk that crashed through a Calgary home indicate one of its planes is to blame.

Airline spokeswoman Lauren Stewart said a probe concluded the ice on Friday evening fell from a WestJet plane on approach into Calgary from Regina. THE CANADIAN PRESS

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'This is not a battle, it's a siege'

POLITICS

Democrats use Tea Party tactics at town halls across the U.S.

Near the end of his town hall meeting last week in a rural Virginia county, Republican Congressman Dave Brat tried to defuse the tension with some comedy.

"Anybody got a good joke?" A couple hundred people who couldn't fit into the cramped restaurant were standing outside, listening on loudspeakers. Their roaring answer could be heard through the closed door: "You!"

Democrats are in no mood for friendly banter. Disturbed by the election of Donald Trump and determined to thwart his agenda, progressives around the country are borrowing a move from the Tea Party movement that impeded Barack Obama in the early years of his presidency: swamping legislators' local meetings to pepper them with jeers and tough questions.

Their primary goal, for the moment, is to protect the Affordable Care Act, the threatened health-care overhaul the Tea



Constituents of Congressman Dave Brat protest during a town hall meeting with the congressman in Blackstone, Virginia, on Feb. 21. STEVE HELBER/THE ASSOCIATED PRESS

Party tried to prevent from coming into existence. More broadly, they want to show lawmakers there will be consequences for supporting virtually any part of the president's program — at the very least, being pestered at every turn when they come home from Washington.

"I have no illusions that



Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. Matt Kibbe

those of us who are horrified by Trump's election are going to have something miraculous happen. This is not a battle, it's a

siege. But this kind of event gives us energy. And it puts people like Dave Brat on notice: He may have cruised along the first time

around, but this is what his life is going to be like now, every day," said Professor Mary Mullins, 61, a Brat constituent who had not been politically active since her youth.

The movement's bible is an online manual called Indivisible: A Practical Guide for Resisting the Trump Agenda. Written by about 30 former Democratic congressional aides and posted online in December, it provides advice, based largely on Tea Party tactics, on how to get members of Congress to listen.

Veteran activists are helping to organize a movement some describe as "the resistance," and Matt Kibbe, president of prominent Tea Party backer FreedomWorks during the heyday of that movement, said Republicans are still "wrong to dismiss it."

"Republicans are now accusing these activists of everything the Democrats accused the Tea Party of in 2009. I don't think Democrats understood that the Tea Party was real, and maybe some Republicans don't appreciate that this is real," said Kibbe. "There's obviously a lot of professional community organizers involved, but you can't create this kind of grassroots participation. It has to be organic." TORSTAR NEWS SERVICE

Trump wasn't elected to hang with celebs: Spokeswoman

The White House says that when President Donald Trump skips the White House Correspondents' Association dinner, expect him to spend that Saturday night in April "focused on what he can do to help better America."

The dinner attracts politicians, journalists and celebrities and is typically attended by the president, who's often roasted.

Trump isn't saying why he won't be there. He has railed against "the fake news media," saying it is "the enemy of the American people."

Spokeswoman Sarah Huckabee Sanders says it's "kind of naive of us to think that we can all walk into a room for a couple of hours and pretend that some of that tension isn't there."

She said Trump wasn't elected "to spend his time with reporters and celebrities."

THE ASSOCIATED PRESS



Donald Trump

AP FILE

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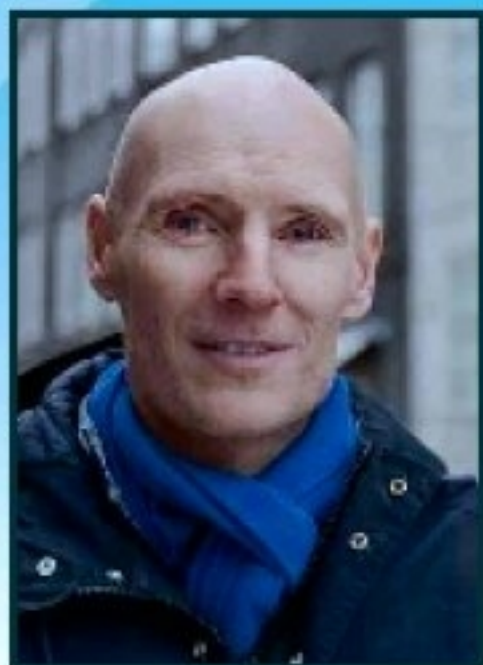
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Last year, world renowned urbanist, Jan Gehl, had the opportunity to spend time exploring Downtown. He recommended that Halifax should give strong consideration to learning more about how vital transportation systems are to a city's and a downtown's vitality. The Lecture will continue that conversation with Andreas Røhl, who is a specialist in this field. He can lend a critical eye to the changes that are happening in our downtown, as well as with HRM's Centre Plan and Integrated Mobility Plan.

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10

World metro NEWS

Who's that Swede?

BROADCASTING

Nordic nation baffled again after Fox News airs an 'expert'

A wave of puzzlement is rippling across Sweden for the second time in a week, after a prominent Fox News show featured a "Swedish defence and national security advisor" who's unknown to the country's military and foreign-affairs officials.

Swedes, and some Americans, have been wondering about representations of the Nordic nation in the U.S. since President Donald Trump invoked "what's happening last night in Sweden" while alluding to past terror attacks in Europe during a rally Feb. 18. There hadn't been any major incident in Sweden the previous night.

Then, Fox News commentator Bill O'Reilly convened an on-air

faceoff Thursday over Swedish immigration and crime between a Swedish newspaper reporter and a man identified on screen and verbally as a "Swedish defence and national security advisor," Nils Bildt.

Bildt linked immigration to social problems in Sweden, lamented what he described as Swedish liberal close-mindedness about the downsides of welcoming newcomers and said: "We are unable in Sweden to socially integrate these people," arguing that politicians lacked a systematic plan to do so.

But if viewers might have taken the "advisor" for a government insider, the Swedish Defence Ministry and Foreign Office told reporters they knew nothing of him.

Bildt is a founding member of a corporate geopolitical strategy and security consulting business with offices in Washington, Brussels and Tokyo, according to its website. But security experts in Sweden said he wasn't a famil-

“

He is in not in any way a known quantity in Sweden.

Robert Egnell

iar figure in their ranks in that country.

"He is in not in any way a known quantity in Sweden and has never been part of the Swedish debate," Swedish Defence University leadership professor Robert Egnell said on Saturday. He and Bildt — also known then as Nils Tolling — were in a master's degree program in war studies together at King's College London in 2002-2003, and Bildt moved to Japan soon after, he said.

The executive producer of The O'Reilly Factor said Bildt was recommended by people the show's booker consulted while making numerous inquiries about potential guests.

THE ASSOCIATED PRESS



EGYPT COPTIC CHRISTIANS FLEE THEIR HOMES AFTER DAESH ATTACKS An Egyptian woman comforts an elderly Coptic Christian who weeps upon arriving to take refuge at the Evangelical Church in the Suez Canal city of Ismailiya on Saturday as dozens of Copts leave Egypt's Sinai Peninsula after a string of jihadist attacks by Daesh killed three Christians in the restive province. AFP/GETTY IMAGES

GERMANY

Motive mystery in deadly rampage

Authorities say a man who drove into a group of pedestrians in the German city of Heidelberg, fatally injuring one man, is being held on suspicion of murder and attempted murder.

Prosecutors and police said in a statement Sunday that they're examining whether the suspect, a 35-year-old German student who lives in the city, can be held criminally

responsible. They say there is no evidence of terrorism or extremism, and his motive remains a mystery.

Three people were injured in Saturday's crash, and one later died. The suspect got out of his rented car with a kitchen knife, and was shot in the stomach by police shortly afterward.

The suspect has been hospitalized but authorities say his life isn't in danger. They



Police at the scene Saturday in Heidelberg. THE ASSOCIATED PRESS

say he didn't respond in their initial questioning.

THE ASSOCIATED PRESS



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How do I support a person I care about, but am not close to, who was recently diagnosed with cancer?

Dear Ellen,

An acquaintance of mine was recently diagnosed with breast cancer. She's not a close friend, but someone I care about. How do I keep in touch, without hovering and asking intrusive questions?

Signed, Concerned

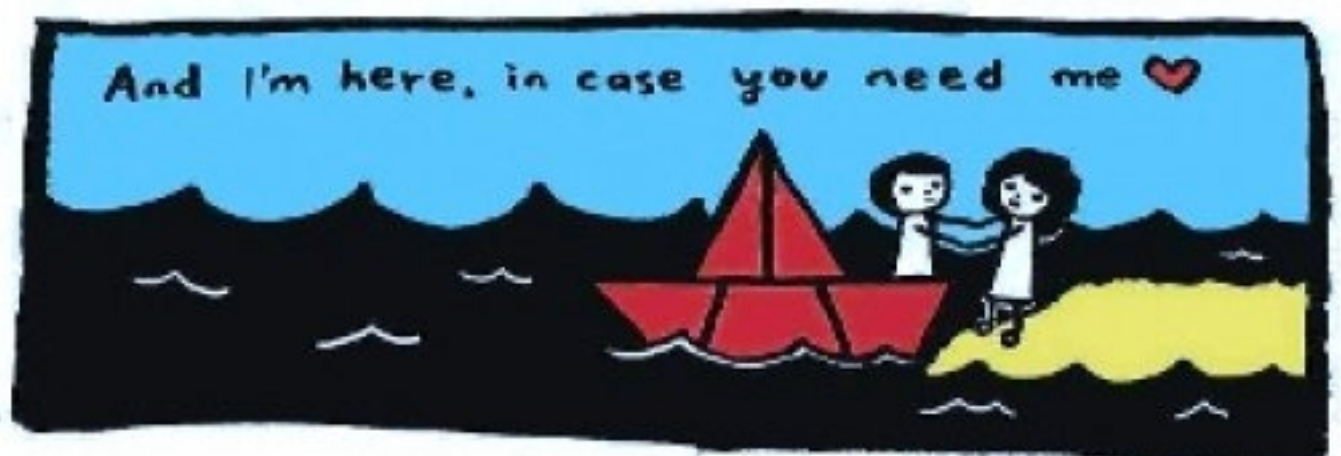
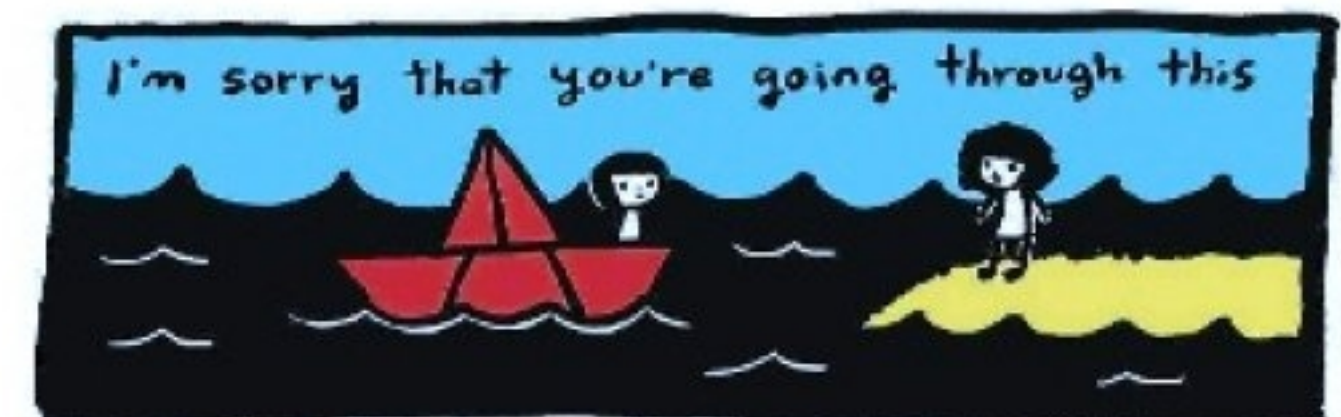
Dear Concerned,

The rules of etiquette are clear and easy to follow when it comes to big events like births, weddings, and funerals. It gets trickier with all the messy stuff in-between — like the times our friends and acquaintances are dealing with problems like depression, divorce or disease. It's easy to back away and tell ourselves we "don't want to intrude" and then wait for an invitation to act. But based on my own experiences, and mistakes, I've come around to the belief that it's better to err on the side of effort, rather than refrain from action.

I still regret my behaviour years ago, when a sort-of friend lost her fiancé in a traffic accident days before their wedding. I talked with some of her closer friends about it, and they said they'd decided to "just let her be" and not "bother" her. They'd see her around and be extra nice when she finished grieving and resumed socializing. Except she never did. She moved to another province and we never saw her again.

It felt wrong at the time, but I followed their lead and did nothing. Now I realize how cowardly that was. What I should have done was urged her closer friends to pick up the phone and call her

It's better to err on the side of effort.



Ani Castillo

immediately, and then sent a card myself instead of sitting here decades later, still filled with regret.

It's important to respect people's privacy. But if the knowledge of your acquaintance's cancer is out in the world, it's a mistake to use that privacy as an excuse not to act. So I'm glad to see that you, unlike my younger self, have the proper and compassionate — i.e. exquisitely well-mannered — impulse to "keep

in touch" and are simply wondering how best to do that.

I suggest reaching out with an email or card, mentioning that you've heard what she's going through, you're thinking of her, and you'd love to hear from her, or see her, anytime she feels like getting in touch.

Worst-case scenario for you is that she's furious you dared to contact her — but that's okay. She's allowed to react anyway she likes at this point. And though it won't be pleas-

ant for you, the fact is you acted in good faith, and deep down your sincere concern will register with her.

What you don't want is to leave her alone during what is probably the worst time of her life. It's always better to follow a generous instinct than ignore it — even if it feels clumsy and messy, like life.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Oscar-nominated doc highlights ongoing white apathy

This Black History Month, I have been thinking a lot about white people.

Because it feels increasingly condescending to congratulate black people for their bravery and rebellion without admonishing the society that made it necessary.

In *I Am Not Your Negro*, an Oscar-nominated documentary film based on an unfinished manuscript by late American writer James Baldwin, the author explains with commanding calm that the construct of race is ultimately something white people need. Until they question why they need race, there will always be racism.

So when we are supposed to celebrate the achievements of black people, I find myself looking past it to the history of white people who, through indifference, apathy and violence, stood in the way of those achievements. They still do.

I think of Viola Desmond, celebrated for her brave stance. Her bold action: daring to want to watch a movie like a person. For the quotidian act of insisting on her humanity, she was dragged out of a Nova Scotia theatre, imprisoned and fined. Shamed by the publicity of this story decades later, successive governments have apologized, issued stamps, and now a \$10 bill.

Yet, part of that history is being conspicuously hidden: Desmond was not dragged out of an empty theatre. White moviegoers stood idly by. If the photos of black children integrating schools in

the U.S. are any indication, white moviegoers jeered and cheered this violence. Perhaps, in a more Canadian way, they shook the hands of the theatre manager and the police officers to thank them. I can only guess; theirs aren't the stories we share.

Until white people develop intellectual curiosity about themselves, how can black people believe that "official" acts of contrition have fixed this pathology in the people who believe themselves to be white?

Where white supremacy is the de facto law of the land, race relations describes a two-way mirror. In it, only one side sees the other while one sees only their reflection. Black people, yes, black people in Canada too, not only know our culture and history, but we know white culture and history — and the pathology that protects and defends white supremacy — with a terrible closeness.

I find it hard to pretend the "successes" of black people are not just also reflections of white people and their institutions that, in cutting and critical ways, prevented black people from being more successful.

As Baldwin says in the documentary, "Not everything that is faced can be changed, but nothing can be changed until it is faced." The jeering white mobs and silent white moviegoers are the faces of white people you know.

This Black History Month, I have been thinking: When is White Complicity Month?

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A night for inclusion and empathy



Clockwise from main: Viola Davis won best supporting actress for her role in *Fences*; Montreal's Sylvain Bellemare for his sound editing in *Arrival*; Anousheh Ansari read out a powerful statement on behalf of Asghar Farhadi, Iranian director of best documentary *The Salesman*; Mahershala Ali won best supporting actor for his role in *Moonlight*. GETTY IMAGES

OSCARS

One year after backlash, the Oscars offer a Trump rebuttal



Joe Callaghan
Metro Canada

A year after the narrow focus of nominations sparked the social media backlash #OscarsSoWhite, the 89th Academy Awards sent out a booming message of inclusion and empathy Sunday.

Cast in the shadow of Donald Trump's controversial moves in his first month as U.S. president, the Oscars were always likely to see a rebuttal to the divisive messages that dogged last year's election.

A first Muslim actor winning an award was quickly followed up by two more African-American triumphs before an Iranian director, who had boycotted the awards in the wake of Trump's Muslim travel ban, claimed best documentary honours.

The awards had kicked off as expected — with one man front and centre. But once the Trump jokes that host Jimmy Kimmel peppered his opening riff with died down, there was a moment — and a victory — of true significance. And it proved to be a sign of things to come.

In the night's first award category, Mahershala Ali became the first Muslim actor to win an Oscar, his role in coming-of-age drama *Moonlight* securing him the best supporting actor

honours.

Ali had made an impassioned acceptance speech last month at the SAG Awards, referencing persecution of minorities days after Trump's Muslim travel ban had been introduced. But on Sunday he concentrated on paying tribute to his loved ones.

Ali referenced his teachers and *Moonlight* director Barry Jenkins and thanked his wife, who gave birth to their daughter four days ago.

Nonetheless, the recently elected president was prominent throughout the early evening at Los Angeles's Dolby Theatre with several top nominees sporting blue ribbons supporting the American Civil Liberties Union — who have fought the ban in court — along the red carpet.

Once Justin Timberlake had opened the show with his nominated song *Can't Stop the Feeling*, Kimmel got down to what most had expected of him — roasting the U.S. president.

"I want to say thank you president Trump. I mean, remember last year when the Oscars seemed racist?" said the late night TV host before riffing on two of the nights most favoured films — *La La Land* and *Hidden Figures*.

"It's been an amazing year for movies. Black people saved Nasa

and white people saved jazz. That's what you call progress."

Kimmel then singled out Meryl Streep, whom Trump derided as "overrated" after her fiery Golden Globes speech last month. Listing some of her credits, Kimmel said Streep has "phoned it in for over 50 films." He led a standing ovation for the "overrated" actress before adding a pointed punchline: "Nice dress, by the way," he said. "Is that an Ivanka?"

It was Viola Davis who had introduced Streep at the Golden Globes last month. On Sunday it was Davis who was accepting the adulation as she scooped best supporting actress honours for her powering display in *Fences*.

She singled out her director Denzel Washington, glancing down at him sitting in the front row at the Dolby Theatre.

"Thank you for putting two entities in the driving seat: August and god," Davis said of *Fences* author August Wilson. "They served you well."

Iranian filmmaker Asghar Farhadi, winner of the Oscar for best foreign film, sent Iranian astronaut Anousheh Ansari to read a statement for him.

"Dividing the world into the 'us and our enemies' categories creates fear," Ansari said.

WITH FILES FROM CANADIAN PRESS



I want to say thank you to president Trump. I mean remember last year when the Oscars seemed racist?

Jimmy Kimmel, Oscars host

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STYLE BEST DRESSED AT THE OSCARS



The Academy Awards is not a show where celebrities are generally rewarded for making bold fashion choices, but this year's best looks not only made a statement but took a stand.

NICHOLE JANKOWSKI/METRO

Make a statement

Ruth Negga, nominated for best actress for *Loving*, accessorized her Valentino gown with responsibly sourced rubies as well as a blue ribbon supporting the American Civil Liberties Union — as did best original song nominee Lin-Manuel Miranda. And they weren't the only ones to take a stand: Mica Levi, the fourth woman to ever be nominated in the category for best original score, wore a safety pin above her breast pocket in solidarity with minorities and victims of hate.



Old Hollywood glamour

Hollywood loves to be self-referential — see: *La La Land*'s 14 noms. So while it's a safe bet to wear fashion the industry made famous, it's also one guaranteed to land Kirsten Dunst (in Dior Haute Couture) and Emma Stone (in Givenchy Couture) on best-dressed lists.

Shoulder pads

A glance at the runway and it becomes clear that the eighties are back in a big way. Perhaps then it's no surprise that shoulder pads made an appearance at the awards. Dakota Johnson (pictured) rocked a Gucci frock with padding up top. Best-actress nominee Isabelle Huppert wore a sparkling Armani Privé number with squared-off shoulders.



Bill Paxton mourned



Bill Paxton was currently starring in the CBS drama *Training Day*. The actor has died from complications due to surgery, his family said in a statement Sunday. GETTY IMAGES

OBITUARY

Movie credits include Apollo 13, Titanic, The Terminator

Bill Paxton, a prolific and charismatic actor who had memorable roles in such blockbusters as *Apollo 13* and *Titanic* while also cherishing his work in *One False Move* and other low-budget movies and in the HBO series *Big Love*, has died from complications due to surgery. He was 61.

A family representative issued a statement Sunday on the death but provided no further details.

Paxton, a Fort Worth, Texas, native, appeared in dozens of movies and television shows and seemed to be around when history was made both on and off screen. As a boy, he was in the crowd that welcomed President John F. Kennedy in Texas on the morning of Nov. 22, 1963, hours before Kennedy was killed in Dallas. As a young man, he worked in the

art department for "B" movie king Roger Corman, who helped launch the careers of numerous actors and filmmakers.

Paxton's movie credits included some of the signature works of the past 40 years, from *Titanic* and *Apollo 13* to *The Terminator* and *Aliens*. Television fans knew him for his role as a polygamist, with three wives who expected the best from him, in the HBO series *Big Love*, for which he received three Golden Globe nominations.

Paxton was currently starring in the CBS drama *Training Day*, which premiered Feb. 2. The network has not yet announced whether it will continue to air the completed episodes.

Paxton is survived by his wife of 30 years, Louise Newbury, and their two children. His first marriage, to Kelly Rowan, ended in divorce.

His death adds a sad note to Sunday night's Academy Awards ceremonies. Paxton was never nominated but appeared in several Oscar-winning movies and was beloved and respected throughout Hollywood and beyond.

THE ASSOCIATED PRESS

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Tuesday, February 28, 2017

DON'T MISS OUT!

A whole year of celebrating 30

MILESTONE

A year full of special campaigns and thank-yous

Maggie Jenion

One day isn't enough to fit in all the 30th birthday celebrations at Phoenix Youth Programs — it's going to take a full year.

Melanie Sturk, director of communications and community relations for Phoenix, said their 30th was Feb. 12th but they have a whole year of special campaigns, thank-yous and events in mind. Sturk said they're asking for help to reach three goals: celebrate, elevate awareness, and generate support to be able to continue to meet the needs of the community for another 30 years.

"I really see this as a celebration for the whole com-

munity," she said. "When we think about 30 years of helping youth and families it's quite staggering to think all of the lives that have been impacted."

And not just the lives of kids and their families, Sturk said, but all the volunteers, people who support Phoenix, plus all the agencies and organizations who are involved.

"It's an exciting milestone and it shows how much support Phoenix has been given over the years and how much belief there is in our work," she said. "Our birthday party is going to happen in September and we're hoping to have a big bash to celebrate the people who have been involved and showcase the great things our youth are doing."

But that's not nearly all. Phoenix has two unique campaigns they designed to coincide with the big occasion: 30 Cheers for 30 Years and 30 for 30.

"We're building a 30 Cheers for 30 Years Club,"



Phoenix has three goals for their 30th birthday: celebrate, elevate awareness, and generate support. CONTRIBUTED

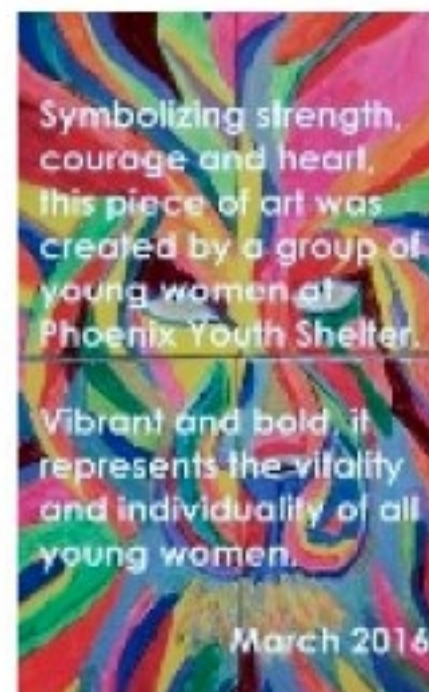
Sturk said.

Instead of receiving gifts for a birthday, anniversary, or wedding people can pledge gifts to Phoenix.

"If people feel they've got enough tube socks from great aunt Gertrude, maybe instead we could ask Aunt Gertrude to give a donation to Phoe-

nix. When people do that, we want to hear who they are, what they're celebrating and will pop their names up on our web site to grow the club."

The 30 for 30 campaign is about helping Phoenix with something extra special this year.



Lion art. CONTRIBUTED

HISTORY

From humble beginnings

Phoenix was born of humble beginnings, and has since grown and innovated, gaining regional, national and international recognition for impactful and effective work.

In the early 1980s, a small group of community-minded people were worried about the growing number of youth lacking adequate housing and supports in Halifax. These five people organized, established a pivotal partnership with St. Paul's Home, and three years later — in 1987 — Phoenix House was established.

Phoenix Youth Programs (Phoenix) began with Phoenix House, a 10-bed home for youth.

"Over 30 years we have adapted to the changing needs of youth, their families and communities to provide a wide range of programs that offer intersecting supports and services," said Mark Donohue, the chair of Phoenix's Board of Directors. "We have built a reputation of being there for youth and we hold that sacred. We seek to create stability which is best accomplished through intentional planning."

All Phoenix programming including prevention based services, outreach, arts and recreation, drop-in support, residential services, and education and employment programming has evolved based on the needs of youth, families and communities.

MAGGIE JENION



Phoenix Youth & Community Centre, Peer Tutoring Program.

MEL STURK

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Jessica Blaikie, former Phoenix House resident, and Michelle Poirier, Coordinator of the Phoenix Centre for Youth. More than a decade after living in a shelter, Blaikie is studying to become a nurse. CONTRIBUTED

‘They believed in me’

SUPPORT

Teen living in shelter rises to success in Phoenix House

Maggie Jenion

Before she walked through the doors of Phoenix, 17-year-old Jessica Blaikie had experienced a number of group homes and several hospital stays.

She struggled with mental illness and living at home just wasn't an option.

"At the time I was living at a shelter and knew I had to have some kind of education, so I was advised to go to the

Phoenix Learning and Employment Centre," she said.

She got a lot of help from the employment centre then about a year later, she moved into Phoenix House, a residence for youth aged 16-24.

"I didn't know what I wanted to do with my life," she said. "I thought they would eventually give up on me, but they didn't. Even when I was struggling and resistant, they believed in me. It made all the difference."

Through accessing several programs at Phoenix, Blaikie gained valuable skills.

"Phoenix helped me to see the potential. They helped me on every possible level," she said. "They got me a tutor when I needed it and fought for me every step of the way."

“Phoenix helped me to see the potential. They helped me on every possible level.”

Jessica Blaikie

The tutoring helped her graduate high school with honours. She lived in Phoenix House and then Phoenix Homes for Independence before moving on to college, where she also graduated with honours.

She now works in the neonatal care unit at the IWK and is studying to be a nurse.

"Phoenix really provides youth with a safe, supportive environment and a sense of belonging. For youth who might not feel like they fit, this makes a huge difference in their lives," she said. "Here I am, still here at 30 years old. Going to Phoenix was really one of the best decisions I ever made."

Michelle Poirier, Coordinator of the Phoenix Centre for Youth, said they know youth like Jessica have the potential to do whatever they want to do.

"When she first walked in the door Jessica didn't feel she had the confidence to move forward," Poirier said. "The difference I see in Jessica now is she has found her confidence to meet the goals for the life that she wants."

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Whistler's Marielle Thompson clinched the World Cup ski cross crown Saturday at Russia's Sunny Valley resort with her sixth win of the season



Oil fall prey to Preds

NHL

Edmonton has lost three of last four games

Filip Forsberg scored for the fourth straight game, Viktor Arvidsson got the go-ahead goal and the Nashville Predators beat the Edmonton Oilers 5-4 on Sunday night.

Ryan Ellis, Vernon Fiddler and Colin Wilson also scored for Nashville, winners of three straight. James Neal had three assists.

SUNDAY In Nashville

5	4
PREDS	OILERS

Connor McDavid, Milan Lucic, Mark Letestu and Jordan Eberle scored for Edmonton, which has lost three of four.

Pekka Rinne made 28 saves for Nashville, extending his winning streak against the Oilers to nine games.

On the winner, Neal had the puck in the low slot and slipped a blind backhand pass to Arvidsson on the left side. Arvidsson tapped in his 21st of the season 1:19 into the third on a power play.

Edmonton challenged the play, thinking Arvidsson was offside. Officials reviewed it for over seven minutes before confirming the goal.

Cam Talbot allowed five goals on 28 shots for Edmonton.



Predators goalie Pekka Rinne makes a save on Oilers centre Ryan Nugent-Hopkins on Sunday.

MARK ZALESKI/THE ASSOCIATED PRESS

Forsberg's goal made it 2-1 at 14:34 of the first on a power play. Neal had the puck low on the right side by the goal-line and sent a spinning backhand pass to Forsberg in the left circle, where he beat Talbot with a one-timer. Forsberg has eight goals and three assists in his last

five games, including consecutive hat tricks against Colorado and Calgary.

After missing 37 games with an ankle injury, defenceman Darnell Nurse returned to the Oilers lineup and logged 14:25 of ice time.

Nashville centre Ryan Johan-

sen extended his assist streak to four games. In those four games, he has seven assists.

The Oilers are in action against on Tuesday night in St. Louis.

The Predators are in Buffalo on Tuesday night.

THE ASSOCIATED PRESS

QMJHL

Mooseheads can't keep Sea Dogs down



Jonathan Briggs
For Metro | Halifax

The Halifax Mooseheads held a lead twice against the top team in the QMJHL, but it wasn't enough to pick up a road win on Sunday afternoon.

A power-play goal from Saint John Sea Dogs centre Matthew Highmore late in the second period was the eventual game-winner in a 5-3 Mooseheads loss.

"We played a good game. A few details here and there, but nobody played a perfect game," said head coach André Tourigny.

"If you look at the opposition

and the performance, we have to be honest. We worked really hard, we were almost there."

Both teams scored on the power play but also conceded short-handed goals. For Halifax, leading scorer Max Fortier netted his 30th goal and 82nd point while short-handed.



We want to play against the best, we want to see where we're at.

André Tourigny

Captain Keigan Goetz and 20-year-old Jake Coughler gave the Mooseheads two leads in the first half of the game. Nico Hischier finished with a pair of assists.

Alexis Gravel started for the eighth consecutive game, making 18 saves.

The Mooseheads the Sea Dogs three more times, including on the road Wednesday.

IN BRIEF

Bishop traded to Kings

The Los Angeles Kings have acquired goaltender Ben Bishop in a trade with the Tampa Bay Lightning.

Los Angeles sent Peter Budaj, defensive prospect Erik Cernak, a 2017 seventh-round pick and a conditional pick to Tampa Bay for Bishop and a 2017 fifth-round pick.

The Kings now have Bishop — a pending unrestricted free agent — and 2012 and 2014 Cup winner Jonathan Quick in goal. THE ASSOCIATED PRESS

Busch outlasts field in crash-filled Daytona 500

Kurt Busch had a monster start to the season with a last-lap pass to win the crash-filled Daytona 500.

Busch is sponsored by Monster Energy, which kicked off its first season as the title sponsor for NASCAR's top series Sunday with the season-opener. It wasn't NASCAR's finest moment, though, as multiple accidents pared down the field at the end.

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Huskies look to hang on in Halifax

AUS HOCKEY

Ailing club in 2-0 hole vs. UNB as series shifts to Forum



Jonathan Briggs
For Metro | Halifax

What remains of the Saint

Mary's Huskies men's hockey team faces a must-win situation Monday night.

Playing Canada's top-ranked team, the University of New Brunswick Varsity Reds, the injury-plagued Huskies have lost the first two games on the road in the best-of-five semifinal of the Atlantic University Sport playoffs.

The Huskies had only 13 skaters healthy enough to dress in Fredericton, N.B. on

Friday night for Game 2.

"It's embarrassing to look at our bench, it's like every second guy is taken off the bench. You're just sitting there with six forwards and two defencemen, that's it," said head coach Trevor Stienburg.

Injured players include two-top defenceman and former Halifax Mooseheads Austyn Hardie and captain Kyle Pereira along with forwards Ben Duffy, Taylor Burke,

Stephen Johnson and Calder Brooks.

After a scoreless first period, UNB scored a pair of goals before Saint Mary's tied the game 2-2. Three consecutive goals gave UNB enough of a cushion to win 7-3.

"The only thing we're asking is that they come prepared to make as much of a sacrifice as they can and no regrets," said Stienburg. "Every guy can say 'I was tested and I passed the

test'. We didn't win (Friday) night, but we passed the test."

On Monday, the Huskies play on home ice where they beat the Varsity Reds twice in the regular season. A win extends the series and sets up another home game at the Halifax Forum on Tuesday.

"It's pretty tough. We know how good a team they are, they've got everything they need to be a championship team," said sophomore An-

+ NET QUESTION

The Huskies haven't named a starting goalie for Monday night (7 p.m.). Rookie **Éric Brassard** had 35 saves in the 5-1 Game 1 loss. **Cole Cheveldave** had 31 saves Friday.

thony Repaci, who had a pair of goals in Friday's game.

Game on.



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MAKE IT TONIGHT

Healthy Cauliflower Cous Cous with Roasted Brussels Sprouts



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Eating your veggies just got a whole lot easier.

Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp olive oil plus two tsp
- 1 head cauliflower
- 1 Tbsp salt, plus 2 tsp
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. Spread vegetables out on rimmed baking

sheet and roast, stirring once or twice, until deep golden brown, crisp outside and tender inside, 20 to 25 minutes.

2. Cut cauliflower in quarters and carve out inner core. Cut quarters into florets and transfer the food processor, pulsing into cous cous-sized granules. Put in a bowl.

3. Heat a large skillet over medium heat then add 1 Tbsp oil. Add cauliflower cous cous and sprinkle with remaining salt. Add cumin and stir. Cook until tender, about 5 minutes. Take off heat and set aside. Gather 2 cups of cous cous.

4. In another large frying pan over medium heat, add a pat of butter and four eggs. Cook a few minutes and cover 1 to 2 minutes. Remove eggs once the whites are set and the yolks are cooked to your preference.

5. Stir together the cous cous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top each bowl with a fried egg and serve.

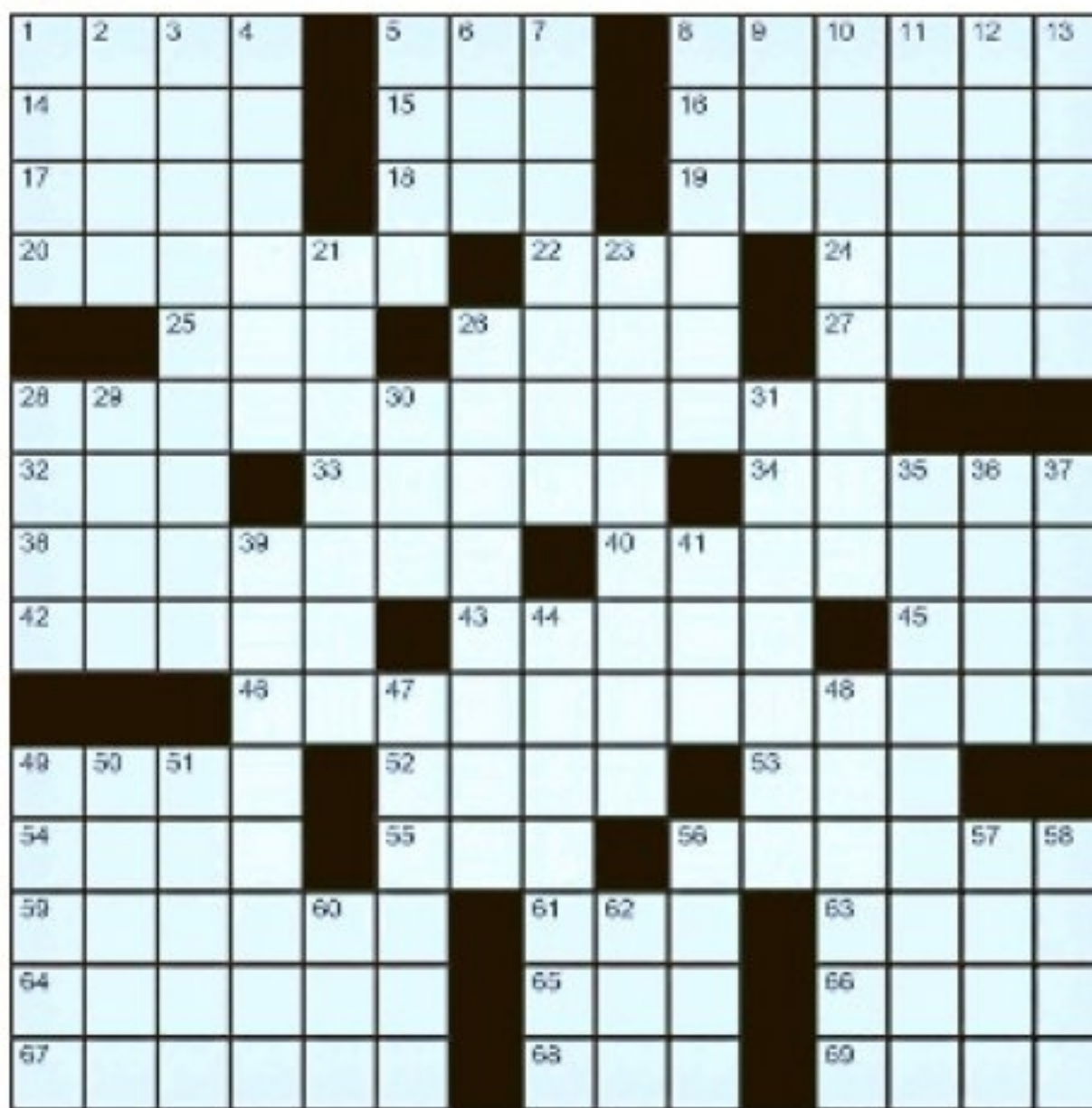
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- 17th-century Dutch painter, Nicolaes
- Ordinal suffixes
- Actress Alyssa
- "In the Valley of" (2007)
- At the age of, in Latin [abbr.]
- "The Jeffersons" star Ms. Sanford
- Spanish double affirmative
- Jongg
- Sings in The Alps
- "I ___ tell you this, but..."
- Greek alphabet letter
- Ivy League school
- Mr. Gulager of "The Virginian"
- Blood type: letter + abbr.
- Welsh opera singer Mr. Terfel
- Beaty ___ Museum (University of British Columbia's natural history attraction)
- Anecdotal collection
- "There's no room ___" (I guess we'll be standing)
- Ink: French
- Like still-in-the-glass milk
- Golden-crowned ___ (Tiny songbird)
- "I share that sentiment": 2 wds.
- Construct
- Pickering's prov.
- As per #28-Across...
- Marine ___ Collection (No backbone is required to view these specimens!)



- Place the painting
- "Count ___ a blessing."
- Informally fine
- ___ the air
- Amer. ID
- 2002 Atom Egoyan film
- "My friend," in Montreal: 2 mots

- Carole King's "___ Too Late"
- Pharmacy quantity
- Daily ___ (Clark Kent's newspaper)
- "Tail"-meaning prefix
- Hawkeye State
- Some gar-

- den plants
- Madonna's "___ Girl"
- 911-calling reason, briefly

- location: 2 wds.
- Canadian ___ (Region of rocks)
- ___-shanter
- "Isn't ___ bit..." - The Beatles, "Nowhere Man"
- Montreal-set Oscar Peterson tune: "Place ___"

- "The Karate Kid" (1984) character
- Prefix to 'thermal'
- NHL sportsmanship award, ___ Memorial Trophy
- "Fuzzy Wuzzy was ___"
- "Hot in Herre" rap star
- Merlin ___ (Football player turned actor)
- University fee
- At-home diagnostic purchases: 2 wds.
- Wiseest/safest choices: 2 wds.
- Author, L. Frank ___ (b.1856 - d.1919)
- Ye olde rest stop
- Book serial abbr.
- Serve Cliff and Norm: 2 wds.
- Jacket-checking spot
- Monthly payment
- 'Kitchen' add-on
- Moving/heartfelt
- Tact' suffix
- Nuclear+weapon element
- Sojourns
- Band's helper
- Skeptic's sound
- Olympian, ___ Anton Ohno
- Songstress Ms. Simone's
- Biblical stringed instrument
- "...___ forgive those who trespass..."
- Split
- "Oh, give ___ home..."
- Drummer Mr. Cool

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful not to overestimate your abilities to do something today, because it's easy to do. Your ruler Mars is in your sign, getting zapped by Jupiter. "I am King!"

Taurus April 21 - May 21
You might try to take on more than you can handle by pulling strings behind the scenes today. Be careful. No one is bulletproof.

Gemini May 22 - June 21
You will be aggressive when dealing with friends and groups today. This is why you are inclined to take over and run the show. This might be a good thing, but it might not be.

Cancer June 22 - July 23
You're going to give it everything you've got today, because your ambition is aroused. You believe in yourself, and you want others to believe in you as well. (They probably will.)

Leo July 24 - Aug. 23
Avoid coming on too strong with political arguments or discussions about religion and race. Lighten up — you don't need to go on a rant.

Virgo Aug. 24 - Sept. 23
If you have to divide an inheritance or shared property or something like this, be prudent today. Your impulse is to go overboard. Don't bet the farm. Protect everyone's best interests.

Libra Sept. 24 - Oct. 23
You might attract someone today who is overbearing and bossy. You might want to avoid this person, if possible. (Forewarned is forearmed.)

Scorpio Oct. 24 - Nov. 22
You're willing to work hard today because you are enthusiastic about something. This is why you have the energy to go all the way and encourage others to follow you.

Sagittarius Nov. 23 - Dec. 21
Those of you involved in sports will be energetic and over-the-top today because you won't stop until you win. You like to work hard/party hard; nevertheless, be cool today.

Capricorn Dec. 22 - Jan. 20
Don't tackle more than you can handle by taking on renovations and big projects at home. Learn to crawl before you walk. Learn to walk before you run.

Aquarius Jan. 21 - Feb. 19
You are so enthusiastic today, your sales abilities are amazing. However, if you come on too strong, then people will not trust you. Caution.

Pisces Feb. 20 - March 20
You have big moneymaking ideas today, and they just might fly. However, be smart and keep your feet on the ground even though your head is in the clouds.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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